



Holistic Therapies Australia

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BREAKTHROUGH NEWS FOR ANYONE WHO SUFFERS FROM SLEEPING DIFFICULTIES

*Announcing: A Safe, All-Natural, Non-Invasive Treatment Called
"The Natural Insomnia elimination Program"*

"Are you sick and tired of lying in bed at 2 am trying to get to sleep, knowing that you have to get up and go to work in the next 4 hours?"

...Lack of Good Sleep Can Really Slow You Down And Make Your Life A Misery. It Can Affect Every Aspect Of Your Life, From Your Performance At Work, To Your Time With Your Family.

It Doesn't Have To Be That Way Anymore! There Is A Way That You Can Stop Insomnia From Running Your Life.

This Free Report reveals Important Information concerning the Hidden Causes of Insomnia and offers you a safe, natural alternative way to eliminate it from your body once and for all, just like hundreds of others who have done so already.

At Last! An all-natural treatment that may eliminate the torture that is insomnia is now available at the Holistic Therapies Australia at Liverpool and Crows Nest

**"After just a four visits my sleep patterns were
back to normal"**

"I had suffered from chronic Insomnia for many years. After seeing Cyrus my sleep improved, I was able to fall asleep easily and didn't wake up in the middle of the night. I have much more energy, wake up feeling refreshed and actually look forward to going to bed now."

-Trevor Watson, Denistone

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Keep Reading This FREE Report To Discover.....

- **What Hundreds Of Australians Are Now Doing To Finally Put An End To Insomnia And Get Their Sleeping Patterns Back To Normal Once And For All!**
- **How To Improve Your Quality Of Life And Get Back To Enjoying Living!**
- **That One In Ten People Have Chronic Insomnia, And At Least One In Four Has Difficulty Sleeping Sometimes.**
- **The Hidden Causes Of Insomnia- The Most Common Reasons Why Your Still Suffering!**
- **Why Medications Do Not Work As A Long Term Solution!**
- **How You May Be Able To Permanently Eliminate Insomnia And Experience Long Term Health And Vitality Like The Hundreds Of Others Who Have Already Done So!**
- **The Top 7 Tips for Beating Insomnia.**

But Most Importantly You Get To Create An Amazing Life.....Why? Because The Quality Of Your Life Depends On Your Health And Is Dependent On Whether You Are Sleeping Right!

“Exceptional! Since visiting your centre I have experienced normal sleeping patterns”

“Exceptional. Before coming to your centre I had suffered with Insomnia for many years. I would get stressed out about being out after 8 pm which really affected my social life. My friends used to give me heaps whenever I would leave a party or dinner early. Since visiting your centre I have experienced far less problems, have much improved sleep and can stay asleep for much longer. I would recommend this to anyone as a safe treatment for a far greater list of complaints or illnesses than just Insomnia. It has opened up a new way of thinking for me towards health!”

- Adam McKenna, Putney

Local Practitioner reveals the hidden secrets about solving your Insomnia problem! Read this special report on what you can do to get rid of your sleeping difficulties & stop it coming back, once and for all.

Have you tried every treatment, been everywhere and yet you're still in awake at 2 am? Does the insomnia just keep coming back no matter what you do? Do you find yourself constantly taking sleeping tablets just to get through the night? Have you heard all the others claims but been left with nothing but unfulfilled expectations and results that don't last?

Dear Friend,

Since you have this Special Free Report in your hand, chances are that you or a loved one may be suffering from the debilitating condition of Insomnia that strikes millions of Australians in some form or another each year. Did you know that one in ten people suffer from chronic Insomnia.

This report will reveal a way that you can naturally free yourself from insomnia, without drugs or surgery..... please be sure to read every word- it may be the most important thing that you have read in a long time!

Warning: Insomnia is often mistreated and is a potentially dangerous condition that affects the lives of millions of Australians each year. That's the bad news. The GOOD NEWS is that you don't need to continue suffering any longer! Keep reading this report to find out about the natural healing methods that may end your misery! Discover how your suffering can be relieved quickly, naturally and affordably.

Have you ever asked yourself???

"Am I going to be stuck with this problem for the rest of my life?"

"Does this mean it will just keep on getting worse and worse?"

"Is this something that I will just have to live with?"

"Will I have these sleeping problems forever?"

"Will I ever be able to live my life to the full?"

There is nothing worse than feeling great mentally and wanting to take on everything that life has to offer..... only to have your natural enthusiasm and enjoyment crushed because your constantly tired and run down!

“Cyrus gave me back the ability to sleep the whole night through”

“I am a registered nurse, so my health is important to me. Cyrus gave me back the ability to sleep all night. Even after the first treatment I noticed an improvement!”

-Robyn Ghalloub, Gladesville

What is Insomnia???

Doctors associate a variety of signs and symptoms with insomnia. Often, the symptoms intertwine with those of other medical or mental conditions.

Some people with insomnia may complain of difficulty falling asleep or waking up frequently during the night. The problem may begin with stress. Then, as you begin to associate the bed with your inability to sleep, the problem may become chronic.

Most often daytime symptoms will bring people to seek medical attention. Daytime problems caused by insomnia include the following:

- Poor concentration and focus
- Difficulty with memory
- Impaired motor coordination (being uncoordinated)
- Irritability and impaired social interaction
- Motor vehicle accidents because of fatigued, sleep-deprived drivers



People may worsen these daytime symptoms by their own attempts to treat the symptoms.

Insomnia Causes

Insomnia may be caused by a host of different reasons. These causes may be divided into situational factors, medical or psychiatric conditions, or primary sleep problems. Insomnia could also be classified by the duration of the symptoms into transient, short-term, or chronic. Transient insomnia generally last less than seven days; short-term insomnia usually lasts for about one to three weeks, and chronic insomnia lasts for more than three weeks.

Many of the causes of **transient and short-term insomnia** are similar and they include:

- Jet lag
- Changes in shift work
- Excessive or unpleasant noise
- Uncomfortable room temperature (too hot or too cold)
- Stressful situations in life (exam preparation, loss of a loved one, unemployment, divorce, or separation)
- Presence of an acute medical or surgical illness or hospitalization
- Withdrawal from drug, alcohol, sedative, or stimulant medications

Chronic or long-term insomnia

The majority of causes of chronic or long-term insomnia are usually linked to an underlying psychiatric or physiological (medical) condition.

Psychological related insomnia

The most common psychological problems that may lead to insomnia include:

- anxiety,
- stress,
- schizophrenia,
- mania (bipolar disorder), and
- depression.



In fact, insomnia may be an indicator of depression. Many people will have insomnia during the acute phases of a mental illness.

Physiological related insomnia

Physiological causes span from circadian rhythm disorders (disturbance of the biological clock), sleep-wake imbalance, to a variety of medical conditions. The following are the most common medical conditions that trigger insomnia:

- Chronic pain syndromes
- Chronic fatigue syndrome
- Congestive heart failure
- Night time angina (chest pain) from heart disease

- Acid reflux disease (GERD)
- Chronic obstructive pulmonary disease (COPD)
- Nocturnal asthma (asthma with night time breathing symptoms)
- Obstructive sleep apnea
- Degenerative diseases, such as Parkinson's disease and Alzheimer's disease (Often insomnia is the deciding factor for nursing home placement.)
- Brain tumors, strokes, or trauma to the brain

High risk groups for insomnia

In addition to the above medical conditions, certain groups may be at higher risk for developing insomnia:

- travelers
- shift workers with frequent changing of shifts
- seniors
- adolescent or young adult students
- pregnant women, and
- menopausal women

Medication related insomnia

Certain medications have also been associated with insomnia. Among them are:

- Certain over-the-counter cold and asthma preparations.
- The prescription varieties of these medications may also contain stimulants and thus produce similar effects on sleep.
- Certain medications for high blood pressure have also been associated with poor sleep.
- Some medications used to treat depression, anxiety, and schizophrenia.

Other causes of insomnia

- Common **stimulants** associated with poor sleep include caffeine and nicotine. You should consider not only restricting caffeine and nicotine use in the hours immediately before bedtime but also limiting your total daily intake.

- People often use **alcohol** to help induce sleep, as a nightcap. However, it is a poor choice. Alcohol is associated with sleep disruption and creates a sense of non-refreshed sleep in the morning.
- A disruptive bed partner with **loud snoring** or **periodic leg movements** also may impair your ability to get a good night's sleep.

The Truth About Insomnia Drugs:

Over-the-counter Medications DON'T Treat The Cause Of Your Symptoms

Firstly and very importantly don't stop any medications without consulting your doctor or health care professional.

Here's the real deal... Sleeping pills don't allow natural REM sleep. They just sedate you. That's why you can only take them for a short time. Adequate REM sleep is very important for a healthy life. That's why your symptoms come back when the pills wear off! And why you wake up feeling groggy and not fully rested. Natural REM sleep is required for your brain to produce neurotransmitters that allow us to experience joy and be happy. Insomniacs often suffer depression due to the lack of these crucial chemicals in the brain.

If these drugs actually treated the real causes of your sleep difficulties then shouldn't your problem go away permanently? But of course it doesn't.

These pills only sweep your issue under the rug. The **REAL** causes of your symptoms remain untreated, and that's why you keep suffering.

Sleeping medications can be addictive. When you stop taking them, you'll experience a 'rebound phenomenon' – you'll have a few nights' bad sleep as you get back to normal. This means that after four weeks you're no longer taking sleeping tablets to treat your insomnia, but rather to prevent you from suffering withdrawal symptoms.

Drowsiness is a side effect of antihistamines which are normally used for allergies. They are therefore useful for some insomniacs. They do not have problems of tolerance and addiction, but they can cause drowsiness and a hang-over effect in the morning. You do not require a prescription for some antihistamines.

Many drugs can lead to all sorts of problems in the body, especially if they are used over a length of time. These problems could be something as minor as a rash or constipation, or you can have something as serious as sudden liver failure or a kidney problem. Lack of adequate REM sleep can lead to night terrors. These are Intense Vivid nightmares. Often these are seen when someone stops using sleeping tablets, particularly if the use is long term.

And it gets worse....you see, the more often you take these medications, the more your risks will skyrocket!

All medications that we take into our bodies have to be broken down in the liver to be detoxified and eliminated. As well as breaking down any chemicals we introduce into the body, the liver also breaks down all the chemicals that we produce within the body. This includes our metabolic wastes, such as lactic acid, and all the other inflammatory chemicals produced by our metabolism. The more drugs we take, the greater the strain on the liver.

In fact, an overworked liver is one of the most common **hidden causes of pain**, and often the painkillers and other drugs that people are taking are just making the situation worse.

Unless the REAL cause of your Insomnia is dealt with it will never get better and may make yourself a lot worse!!

Other Common Hidden Causes Of Insomnia:

Below are some more of the common hidden causes of insomnia that are often overlooked. Failure to identify and treat these causes is the reason why many forms of treatment don't work or produce temporary results at best.

Biomechanical Imbalances In the Body

Many people don't realize that the source of their insomnia could be from a biochemical stress to the body! Heavy metal toxicity or nutritional deficiencies could play a big role in some cases of insomnia.

Heavy metal toxicity has also been found as one of the hidden causes of insomnia and in some cases having an effect on sleep as a result of being the underlying source in another condition which affecting the insomnia.

During sleep, the body's systems are still controlling basic functions. Nutrients are essential for the body and are used during the sleep cycle. A diet rich in calcium and magnesium is recommended for insomnia patients, the diet also depends on the underlying factors which are contributing to the insomnia.



Tryptophan and insomnia

Sleep is induced by the production of certain brain chemicals, including a substance called serotonin and melatonin. In the body, serotonin is made from amino acid tryptophan. Low levels of tryptophan in the body can lead to insomnia. The wonderful effect that tryptophan has on both mood and sleep may be because the body naturally converts tryptophan into both serotonin and melatonin. Serotonin levels affects mood and melatonin affects sleep. If you have insomnia, tryptophan may help. Several research studies have confirmed L-tryptophan to be useful in the treatment of chronic insomnia at doses of between one to four grams at bedtime. Further, L-tryptophan is not associated with side effects that are common with prescription drugs, nor does it cause difficulty in waking up the next morning. This makes L-tryptophan an attractive alternative to conventional drug therapies for the treatment of chronic insomnia.

Foods which have shown to help insomnia are bananas, dates, figs, tuna, turkey and whole grain crackers or yogurt. These foods are high in tryptophan, which promote sleep.

Calcium and insomnia

Most of us only get a third of the recommended daily dose of calcium our bodies need. Calcium and insomnia have long been linked, with calcium deficiency causing increased tension and sleep disturbances. Calcium is a helpful way to relax, which explains why a glass of warm milk helps promote sleep at bedtime.

Magnesium and insomnia

Research reports have shown that the diets of nearly 60% of adults do not provide the required amounts of magnesium. People who are taking antibiotics, oral contraceptives, some prescription drugs, or too many laxatives may be at higher risk for deficiency. Adding magnesium for insomnia to your diet has been shown in studies to help relieve the headaches that may be keeping you awake.

Mineral deficiencies that cause insomnia are detrimental to your good health. Research has proven that severe magnesium deficiencies can lead to serious problems such as depression, stress related disorders, anxiety and panic attacks, insomnia, and even violent tendencies. Good sources of magnesium are nuts, seeds, wheat bran cereals, beans, fruits, vegetables, and seafood. That menu will not be so hard to adhere to (and you thought this was going to be difficult!)

Calcium and magnesium *can* help prevent insomnia. Tonight try this Russian folk cure, grind some spice anise and drink it with warm milk and honey. Milk is not only high in calcium but also rich in tryptophan, [the same ingredient in that Thanksgiving turkey that causes you to nod off] giving it a double powerful sleep inducing effect

Other beneficial supplements for insomnia are:

Vitamin B1 may alleviate some sleeping problems

Vitamin B3 helps to normalizes sleep patterns by promoting serotonin production

Vitamin B6 helps to produce chemicals that regulate the sleep cycle

Vitamin B12 is needed to control sleep patterns

Vitamin B complex: Helps to promote a restful state

Vitamin B5 (Pantothenic acid) is needed to make anti-stress hormones so it's good for relieving stress

Vitamin C: very important for reducing stress

Zinc: aids in recovery of body tissues while sleeping

Top 7 Tips for Beating Insomnia

1) Caffeine consumption

Caffeine, at any time of the day, can interfere with the ability to fall asleep and can also affect the sleep cycle so that sleep is of a poorer quality and is not refreshing.

2) Eating late, eating heavy

Eating late or eating heavy meals in the evening is a popular cause of trouble falling asleep and of vivid dreaming/nightmares.

3) The effect of weak digestion

For people who have trouble falling asleep, anything that weakens digestion will make this worse. In many people raw foods, salty foods and greasy/high fat foods significantly contribute to a weakened digestive system and trouble falling asleep.



4) Avoid Stress

If you are stressed and your mind is running, your body is pumping out stress hormones. You will most likely not fall asleep and if you do, you will not sleep well.

Most people "deal" with stress by stuffing their emotions into their body, stress eating, smoking, drinking coffee, drinking alcohol, watching TV and exercising to excess. All of these are ineffective ways of dealing with stress that weaken your body with time.

When your body is weakened, your weak areas will really show up.

Stress hormones send a signal to your brain letting it know that your life is in danger. It would be ridiculous of your body to let you fall asleep at such a dangerous time. Your brain and body do not realize that the stress comes from your job or relationship (or any number of other factors) and is not life threatening at all.

5) Try Relaxation techniques

Stress needs to be dealt with through conscious relaxation techniques (no, watching TV isn't one of them). These include yoga, meditation, tai chi, qi gong and changing wrong beliefs that feed the body's stress response.

6) Avoid Anxiety

Anxiety can feel similar to stress but from a naturopathic point of view, it has a slightly different origin. Anxiety includes constant thinking, your mind running when you don't want it to and excess worry.

You do not need to have heart palpitations or an anxiety attack to have anxiety.

7) Sleep hygiene

The easiest time to fall asleep for most people is 10pm; this has to do with the rhythms of the day.

Watching TV, talking on the phone or being on the Internet past about 9pm will interfere with sleep.

Reading is a good activity, but nothing exciting.

Paying bills at night or dealing with financial matters of any kind is not a good idea.

Make sure your room is cool, but you are warm.

Make sure the room is nice and dark; your sleep will not be nearly as deep if there is light coming into the room.

Go to bed and wake up at the same time each night. If you go to bed late one night (e.g. on the weekend) do your best to get up at the same time the next morning anyways. Your body loves a schedule.

You do not have to be on mind-numbing, sleep-inducing drugs just to keep the insomnia under control.

**You should not have to alter your lifestyle because of sleep!
There is a better option!**

We do NOT just sweep your insomnia under the rug; we go right after the REAL causes of your condition and actually help you get rid of it. Because the real cause of your insomnia is dealt with, you'll find that you quickly have relief and improved health and wellbeing.

Like any truly advanced form of healing, these methods work with your body's own natural healing powers (that's right, with some help your body can take care of itself!) to put you back to where you were, physically and mentally, before the pain started! We allow your body to heal naturally the way it was designed to do.

After all, as you know, you are more than just a machine. There are many, many factors that are at play with your insomnia. What we do is look at you as a whole- your body, mind, biochemistry and emotions. We address all levels of who you are, and deal with a lot of the reasons you are experiencing the insomnia, instead of looking for just one cause. After all, we are complex creatures.

Now, don't think that because our healing methods are non-drug and non-surgical they don't work. No way. What we're talking about here is a very easy, simple, natural protocol to care for any problems in your health that you have developed and can't get rid of.



Just because we don't cut you open and view you under a lens, doesn't mean what we do isn't at the forefront of scientific healthcare and won't dramatically enhance the quality of your life!

After all, isn't that what all health care is really supposed to do? This is how healthcare should really be delivered in the first place. Don't you agree?

What we do doesn't rely on a diagnosis, so we can't give you the wrong treatment. We simply address what needs to be dealt with so that your body can return to health naturally. Which = You getting better!

It is that simple.

I know at present you might be scratching your head wondering what I am writing about, but it will all make sense shortly.



Our Results are Safe, Pain-Free, Effective and Fast.

Treatment of Insomnia

The key to treating insomnia is to determine what is causing it and then eliminating those factors from your life. Often once the causes, such as jet lag or stress, are dealt with, insomnia goes away on its own. However, there are some cases when other treatment is required. In addition to identifying the causes of insomnia and then trying to eliminate or reduce them, treatment may include the following.

The muscle feed-back system of Kinesiology allows the practitioner to identify the hidden causes which are contributing to the Insomnia.

This type of treatment has been extremely successful because it combines both western and eastern natural, non-invasive methods such as traditional Chinese medicine, cognitive behavioral therapy, counseling, homeopathy, nutritional and diet advice to help you beat insomnia for good.

At the clinic we are trained to help people just like you to **get rid of your insomnia as fast as possible**, and usually, permanently.

The Natural Insomnia Elimination Program draws upon 3 levels of Natural healing to help eliminate your pain. Just as every individual is different, a personalized treatment program is determined especially for you.

“Not only has my sleep improved but my high blood pressure has lessened”

“I have suffered insomnia for so many years I can’t remember how long. I was resigned to the fact that I was never going to sleep as well as I would like again.

I was recommended to go see Cyrus and I am very happy with my results. Not only has my sleep improved, but my high blood pressure has lessened.

- Roger Bampton, Fairfield

Why you need this new program...

Ok, just close your eyes and imagine for a few seconds **what life will be like** if your insomnia continues for a few more debilitating months... or even years if you don’t do something now. Will your insomnia result in future depression and anxiety? Or for those who already have depression and anxiety **how much worse are you willing to allow it to get** ... will you be a fun person to be around... how will your relationships go... at home...

at work... with yourself?... I think you get my drift...

We don't think that the insomnia is "in your head" or that you are exaggerating, we have seen many people, probably just like you, and we know how awful and debilitating not getting enough sleep can be.

We know what it feels like to want to be nice to the people in your life, but yet, you find yourself cranky all the time because of your lack of energy, discomfort and lack of a good night's sleep. We know what it is like to not be able to play with your kids, or do the things you want, because this insomnia just won't go away.

We are not going to tell you there is "nothing you can do" or that "drugs are your only option". We are not going to try to scare you into doing something you don't want to do, because you fear it will get worse, or because some "doctor" said this is what you "have" to do.

We truly want to hear everything that is going on in your life, your fears, your concerns, your history and your feelings- all of it, so we can help you really get better. WE UNDERSTAND!

Remember, the natural treatments we do don't hurt and are gentle on the body. You simply get to relax, and let your body and inner wisdom do the work.

We don't have hidden fees, or secret ways or tricks to get you to come in forever. You will get what you pay for, and we will clearly spell that out for you. We do what we need to do to get you better, and let you chose how you want to handle your care. It is up to you.

Look, when you are having trouble with your teeth, for example, you don't go to your neighbor or friend, or someone who knows "a little something" or who is familiar with "your teeth". You want to go to an expert.

Someone who knows exactly what is going on. When you have a problem with pain or ill health, you should be consulting someone who knows how to help you. Not just someone who is going to cover up your symptoms with a muscle relaxant or a drug.

I know it might sound complicated, however everyday this is what we do, this is our focus- safe, natural, effective health care that treats and eliminates the real causes of the insomnia.

Here are 6 Compelling Reasons To Choose Holistic Therapies Australia For Your Treatment

Compelling Reason #1: We are Specialists and Mentors in our Field.

Our Therapists have undergone years of specialized post-graduate training, so we will not be practicing with your health. We are mentors and coaches to other health professionals- our Centre has become known as the place that other health professionals send their tough cases when they want results.

Our sole focus is on treating your problems, healing the causes and as a direct result of that, rejuvenating your complete body systems. That's what we do! Our centre has been designed from the ground up with one clear focus:



To have our clients enjoy the benefits of improved health & wellbeing through high quality natural & non-surgical healthcare. We are committed to deliver the highest quality care. We will also personalize a solution according to your needs.

Compelling Reason #2: Latest Equipment and Techniques

Our company uses the latest breakthrough healing techniques and technologies- we never rest on our laurels as we constantly test and refine our cutting edge technology and methods so you get maximum results in minimum time.

Our state-of-the-art equipment is the latest on the market...ensuring you get the best treatment available on the planet. All our natural products have been tested and measured for their efficiency, both medically and also by patient feedback.

Compelling Reason #3: All of our natural products are Pure and Natural and some are exclusive to our clinic.

You can be assured our products are safe and natural to use both internally and externally on your body. We use practitioner-only products that have passed the strictest purity and quality tests. Some of our products have been cited in Ancient Texts going back 5000 years. With this ancient wisdom comes reassurance of their effectiveness, purity and safety.

Compelling Reason #4: Holistic Approach To Your Treatment.

We will give you a specialized approach which will be individual to your particular needs. This will take into account your physical structural condition (such as your posture, your spine and your muscles), your biochemical balance, as well as your mind and emotions. This guarantees you get maximum results in minimum time. Most centre's concentrate on just one approach, not tailored to your personal requirements and they take the

same approach for all clients.

At Holistic Therapies Australia., we understand you need to tailor each person's treatment to maximize their results ... plus we understand each person is an individual and each person is different; you have different requirements and different needs.

We apply a personalized and customized, individual approach to your Natural Insomnia Elimination Program.

Compelling Reason #5: Attentive & Highly Qualified Therapists.

Only fully trained, licensed therapists will undertake your treatment. Plus, each year our therapists are evaluated to ensure they are competent, reliable, and have not deviated from the strict operating protocol demanded by our Centre.

Our Team attend regular seminars (as well as weekly training) to update their skills and as a side benefit any new proven material can then be brought back into the centre for evaluation and if these new protocols are worthy they are then implemented.

This keeps us up to date with the latest research and developments from at home and around the world...

We are the practitioners Practitioner. Other health professionals come here for treatment.

Compelling Reason #6:

Our “No Questions Asked” 100% Money Back Guarantee

If after one month of following our suggestions you do not completely understand the underlying causes of your Health challenges and feel that you are on the path to recovery, health and well-being we will; Give you a complete no questions asked refund on services This system works, there's no doubt about it. If it didn't, I'd have unhappy customers right throughout Australia demanding their money back. I'd go broke in a hurry that's for sure. But I can go out on a limb like this simply because my system WORKS, and works quickly, to give you the results I've promised you.

At your consultation we will prescribe for you a personalized treatment program that best suits you and your body. You'll get a detailed verbal report with specific suggestions on how to address your individual needs. You are under no obligation to follow through with our recommendations... however we do stress that your commitment will make a big difference!

The initial investment of \$93 for a one hour session with Cyrus will give you a good understanding of the hidden causes and how long it will take to eliminate your insomnia.

“I now sleep and exercise more easily, plus I have more energy!”

“I have been suffering from insomnia for 20 years and was having difficulty performing my daily activities adequately. Cyrus’ treatment has given me back my life and has also helped with my menopausal problems, such as hot flushes. I now sleep and exercise more easily, plus I have more energy!

I have found the treatment to be gentle, very safe and effective.

-S. Brown, Concord West, NSW

Isn't It Time You Did Something For Yourself For A Change?

We all get busy... we get caught up. Your days can so easily be filled with other people's problems, with other people's dramas and deadlines. We often try to please everyone and struggle to keep up with all of the demands placed on our time.

We find it hard to stop and take time out for ourselves. But that's what needs to be done if you want lasting change in your health. You need time to yourself, time to relax and time to recharge. And the only permission you need is YOUR OWN!

You need an alternative.

We know everybody is unique; we will carefully assess YOUR INDIVIDUAL concerns so we can recommend the best possible treatment to help you get results. And your next step is easy. Simply pick up the phone and call us on **02 9821 1533** at Liverpool and **0412177053** at Crows Nest to book a convenient time for your Natural Insomnia Elimination.

The Question isn't Whether "The Natural Insomnia Elimination Program" Works...The Question is...Are You Going to Take Advantage of its Rejuvenating Powers!

Act NOW while everything you've just read is fresh in your mind. Take time for yourself. Call now on **02 9821 1533** or **0412177053** and book your Insomnia Assessment **NOW**.

Follow our suggestions and within weeks you might just amaze yourself, your friends and your family. Within weeks you'll notice subtle changes in your body. You'll

experience natural sleep and feel more alert, have more energy, a glow of vitality will return and you'll become more confident!

Just imagine, all this will be achieved naturally, just the way it was intended to be.

***Call now to book your Natural Insomnia
Elimination Assessment***

Call Now

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Alternately, you can contact me with any of your inquiries by email:

cyrus@cyrusparsa.com.au

Flexible payment options available

Kind regards,

Cyrus Parsa

Holistic Kinesiologist